



PIC PLOY?
PUNDITS WEIGH IN ON WHY
RUPERT MURDOCH'S SUN
NEWSPAPER RAN INFAMOUS
SNAPS OF PRINCE HARRY PAGE 5



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Monday, August 27, 2012



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Drag queen, restaurateur and karaoke star China Doll got glamorous for the annual Capital Pride Parade on Sunday afternoon. SAMANTHA EVERTS/FOR METRO

Ottawa's Pride shines on through

Proud day. Thousands of citizens come out to celebrate Ottawa's GLBT residents

SAMANTHA
EVERTS

ottawa@metronews.ca

Thousands of people lined the downtown core's sidewalks with rainbow flags, colourful costumes and posters to show their support for the Ottawa LGBT

community at the Capital Pride Parade on Sunday.

As Grand Marshal T. Eileen Murphy waved at the crowd from a vintage Rivera convertible that circled the parade route along Wellington Street to Bank Street, the crowd danced and cheered.

Murphy is one of the founding members of Dignity Ottawa, and has volunteered for groups including Pink Triangle Services, PFLAG (Parents, Families, & Friends of Lesbians and Gays), Capital Pride, Bruce

House, Egale and more.

Maurice Bertrand has been coming to the Ottawa parade for 15 years.

"I've noticed that we're becoming more accepted and this (parade) is one of the reasons we are. More people see us and understand us than they did before."

A community festival and fair was held at Marion Dewar Plaza afterwards with queer rock band Hunter Valentine headlining to celebrate the end of Capital Pride Week.

Shooting evokes fear

Some Ottawa residents are scared to leave their houses after a man was killed in what police are calling a gang-related shooting PAGE 2

Pussy Rioters flees Russia

Two members of the punk band have fled Russia to avoid prosecution, according to a tweet

PAGE 4

Scary sendoff to school

The first step to calming your nerves as your little ones board the bus for the first time is acknowledging that you're anxious PAGE 11

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Charity sleepover

Blanket-fort party raises \$2,360

Funhaven raised \$2,360 for the Youth Services Bureau of Ottawa with its overnight blanket-fort party on Saturday.

Funhaven owner Dave Ellis organized the event on Reddit after asking users what they'd like to do for fun in his 40,000-square-foot facility on Baxter Road.

The event was held from 8 p.m. to 9 a.m. and attracted 236 guests, who enjoyed free popcorn and laser tag. Guests also built a fort out of blankets and pillows inside part of the building. **JOE LOFARO/METRO**

No injuries

Officer fires at car that tried to run him down: Police

A police officer fired a shot at a dark-coloured Mercedes in central Ottawa on Saturday night.

Police said the officer fired once at the Mercedes sedan when the car accelerated toward the officer in the area of Rochester Street and Gladstone Avenue about 11:50 p.m. No one was injured.

"The officer was investigating suspicious circumstances and tried to pull the vehicle over, then the suspect tried to run the officer over," said Sgt. John Gibbons. That's when the officer feared for his safety and shot at the car, said Gibbons.

Police would not disclose what "suspicious circumstances" the officer was investigating at the time.

The investigation is ongoing. Police are asking anyone with information to contact Central Investigations at 613-236-1222 ext. 5166 or Crime stoppers at 613-233-8477 (TIPS). **JESSICA SMITH/METRO**



A forensic investigator works at the scene where Levy Kasende was shot early Saturday morning. CONTRIBUTED

Gang-related shooting leaves residents rattled

Blackburn Hamlet.

Neighbours are afraid to go outdoors, and upset that body was left on ground for eight hours



JOE LOFARO
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Residents say they feel unsafe after a shooting early Saturday morning left one man killed in front of their homes in Blackburn Hamlet.

Levy Kasende, 22, was shot outside a townhouse at 2676 Innes Rd. shortly after midnight.

Ottawa Police Staff Sgt. Bruce Pirt said the homicide is gang-related and the victim was known to police. No suspects have been identified, but police are "working on a number of different angles right now," he said.

Pirt said police are also investigating whether a "burnt out, torched" vehicle found near Rockdale Road in Navan is related to the killing.

Meanwhile, some residents are on edge. Danesha Samuels, 15, said she was inside her home when she heard approximately three loud noises that sounded like gunshots. Then she saw Kasende lying on the ground just outside her door.

Quoted

"Now I don't want to be outside."

Danesha Samuels, a resident of the housing complex where Levy Kasende was shot

"People were screaming and there was a man yelling on the phone with police saying, 'Please come, come,'" said Samuels. She said police showed up around ten to 15 minutes later.

Samuels described the shooting as "terrifying," and said the neighbourhood is not used to this sort of violence. "Now I don't want to be outside," said Samuels.

Two other residents, who

did not give their names, said police took too long to remove the body. Pirt said it was removed at 8:25 a.m. Saturday.

One woman said her 12-year-old son could see part of the victim's head Saturday morning even though the body was partially covered. She said the neighbourhood is full of families and is not violent. "That could have been us," she said.

Anyone with information about the homicide is asked to contact the major crime unit at 613-236-1222 ext. 5493.

Follow Joe Lofaro on Twitter @giuseppelo



Mobile news



A frighteningly smart bird has figured out how to use bread as bait to catch fish. Scan the code to see why this cold, calculating critter has the world on edge.

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WHY WEIGHT?

Abortion storm exposes divide in GOP base

Republicans. Florida convention aimed at highlighting unity following a fractious primary season

The hotly anticipated Republican National Convention in Tampa, Fla., is now at the mercy of a would-be hurricane bearing down to join forces with the tempest already inflicted upon Mitt Romney and the Republican party by an anti-abortion Missouri congressman.

Tropical Storm Isaac has prompted organizers to essentially postpone the start of the convention until Tuesday, when Isaac was expected to have passed by Tampa.

The recent remarks from U.S. Senate candidate Todd Akin about women's bodies shutting down and preventing pregnancy in cases of "legitimate rape" have exposed dangerous fault lines in the party's fragile coalition of

disparate factions — between the social conservatives and the big business, economy-focused Republicans.

"This tremendous divide has been in place since 2000, but the party was able to paper over some of the more extreme ideologues involved in it," says Brian Vargus, a political consultant.

The religious right has been passionately defending Akin, deriding Romney and Paul Ryan, his running mate.

The last thing Romney wants is for abortion to become a major campaign issue, Vargus points out. The presidential hopeful, polling well behind President Barack Obama among women, has been toiling for weeks to keep the focus of his campaign on the economy, where Obama is vulnerable.

The controlled nature of a political convention should finally give Romney and Ryan an opportunity to get back on message, says James Campbell, a political scientist.

THE CANADIAN PRESS



Florida Keys get early taste of Isaac's sting

A cyclist battles the wind in Key West, Fla., Sunday, as Tropical Storm Isaac bore down on the Florida Keys, with forecasters warning it could grow into a dangerous Category 2 hurricane as it nears the northern Gulf Coast. The storm had officials worried enough in Tampa that they shuffled around some plans for the Republican National Convention. Hundreds of flights were cancelled and a steady line of cars moved north Saturday along the Overseas Highway, the only road linking the Florida Keys. Residents boarded up windows, laid down sandbags and shuttered businesses. Isaac has already left a trail of suffering across the Caribbean. At least seven people were reported dead in Haiti, including a 10-year-old girl who had a wall fall on her. Nearly 8,000 people were evacuated from their houses or earthquake shelters and more than 4,000 were taken to temporary shelters. The Grise River in Haiti overflowed north of Port-au-Prince, sending brown water spilling through the sprawling shantytown of Cite Soleil, where many people grabbed what possessions they could and carried them on their heads, wading through waist-deep water.

ALAN DIAZ/THE ASSOCIATED PRESS

Armstrong. Giant leap that changed history



Neil Armstrong in this June 1 file photo. THE DAYTON DAILY NEWS-CHRIS STEWART/THE ASSOCIATED PRESS

When Neil Armstrong took that first small step on the moon in July 1969, an entire globe watched in grainy black-and-white. Although more than half of the world's population wasn't alive then, it was an event that changed and expanded the globe.

His first words after the feat are etched in history books. "That's one small step for man, one giant leap for mankind," Armstrong said.

The two historical events likely to be long remembered from the 20th Century are the moon landing and the first atomic bomb, said Smithsonian Institution space curator Roger Launius.

Armstrong, who had bypass surgery this month, died Saturday at age 82 from what his family said were complications of heart procedures.

The late science fiction author Arthur C. Clarke wrote that the Apollo 11 moon landing was "one of the great divides in human history; we are sundered from it forever by the moment when Neil Armstrong and Buzz Aldrin stepped out on to the Sea of Tranquility. Now history and fiction have become inexorably intertwined."

Since that day, there's been a common phrase: "If we can send a man to the moon, why can't we ... ?" with the blank filled with a task that seems far less difficult.

The Apollo 11 moon landing was the finish line in a decade-long space race started by the Soviet Union. Getting there first showed American technological superiority, but Armstrong mentioned mankind — not Americans — demonstrating that this was a moment for the people of Earth, said Howard McCurdy, author of the book *Space and the American Imagination*.

Armstrong and Aldrin left a plaque on the moon that read: "Here men from the planet Earth first set foot upon the moon. July 1969 A.D. We came in peace for all mankind."

For all mankind. And that's how the world took it.

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Pussy Riot. 2 members of punk band flee Russia

Two members of the punk band Pussy Riot have fled Russia to avoid prosecution for a protest against Vladimir Putin that sent three of their band mates to prison, the group tweeted on Sunday. No mention was made of where they went.

Five members of the feminist group took part in a provocative performance inside Moscow's main cathedral in February to protest the Russian leader's rule and his cozy relationship with the Orthodox Church. The women wore their trademark garishly colored balaclavas, which made it difficult for police to identify them, and only three were arrested, convicted of hooliganism and sentenced to two years in prison on Aug. 17. Days later, Moscow police said they were



A Pussy Riot supporter at a protest outside the Russian consulate in Toronto, Aug. 17. THE CANADIAN PRESS

searching for the other band members.

Even as the judge was reading the verdict in a Moscow courtroom, one of the band members who had escaped arrest played Pussy Riot's latest song, *Putin Sets the Fires of Revolutions*, from an apartment across the street.

THE ASSOCIATED PRESS

Men feel the heat

Women urged to stage sex strike

Civil-rights group Let's Save Togo is urging women in Togo to withhold sex from their partners for a week as of Monday to demand the resignation of the country's president, Faure Gnassingbe.

THE ASSOCIATED PRESS

Spain wildfires

1,000 forced to flee their homes

Two wildfires in the south of Spain forced the evacuation of around 1,000 residents, making this the worst summer in a decade, authorities said Sunday. There were more than 11,650 wildfires this year.

THE ASSOCIATED PRESS

Murdoch making a point by running Harry photos?

'Mooning the Establishment' Reports suggest scandal-plagued mogul may be pushing back on press freedom by challenging royals

By letting his top-selling U.K. tabloid run photos of a naked Prince Harry cavorting in a Las Vegas hotel room, some say media mogul Rupert Murdoch was warning Britain's establishment that he could still shake things up.

"Not only was The Sun showing Harry's bottom, Murdoch was mooning the Establishment," said journalist Jane Merrick, whose article in The Independent on Sunday al-

Quoted
"He may be on the public payroll one way or another, but the public loves him."

News International head Rupert Murdoch, on royal rogue Prince Harry



Prince Harry waits to present the winners' medals during the London Marathon last April. SANG TAN/THE ASSOCIATED PRESS

leged that Murdoch personally ordered the paper to run the photos in a phone call with Tom Mockridge, the chief of his British newspaper unit, News International.

Murdoch, once courted by lawmakers across the British political spectrum, has seen his clout wither after his company was exposed as having

hacked phones to score scoops. The scandal has prompted a media-ethics inquiry that could propose sweeping changes to how Britain's press is policed.

If The Sun was cowed, it didn't show it Friday, when it published the pictures of Harry along with a lengthy public-interest justification claim-

ing that the "the photos have potential implications for the Prince's image representing Britain around the world."

In a Twitter message to a reader who congratulated him on The Sun's decision, Murdoch said he "needed to demonstrate (that there is) no such thing as free press in UK."

THE ASSOCIATED PRESS

Jackpine expansion

Federal scientists concerned over Shell oilsands plan

Regulatory documents indicate federal scientists still have significant concerns over Shell's proposed Jackpine oilsands mine expansion even as the project heads into

public hearings.

Five years after Shell Canada first proposed the project, it has been finally scheduled to go before an environmental hearing on Oct. 29. In their final submissions to the Canadian Environmental Assessment Agency, several federal departments say they still have questions about Shell's plans.

THE CANADIAN PRESS

Smaller spaces

Furniture retailers eye condo-dwellers

Census figures for 2011 show multi-unit dwellings — a category that includes condominiums — make up roughly half of all new housing stock, a category traditionally led by detached homes.

This condo boom, fuelled by lifestyle changes and efforts to curb urban sprawl, is in turn revolutionizing the furniture-retail business.

As cities become denser, there's a growing demand for compact, multi-use furniture, says Elaine Cecconi, co-owner of interior design consultant firm Cecconi Simone. THE CANADIAN PRESS

Toxic. Most Bisphenol A ending up in landfill or destroyed: Study

Most of the toxic Bisphenol A contained in products Canadians use every day is either destroyed or winds up in landfills, says a new study for Environment Canada.

The finding helps to allay concerns that BPA, which mimics the hormone estrogen, persists for long periods in the environment — but critics say the study should not stall efforts to eliminate the chemical altogether.

The Harper government has been a global leader in efforts to limit exposure to BPA, banning the chemical from polycarbonate baby bottles in 2008 after studies demonstrated some leaching into the fluid. The U.S. Food and Drug Administration issued its own baby-bottle BPA ban only last month.

And in late 2010, the substance was added to an official list of toxic substances in

Report findings

- The study suggests between 44 per cent and 68 per cent of the BPA consumed in Canada in 2010 was destroyed in the use of products, such as the coatings often lining food cans.
- Another 24 per cent to 43 per cent went into landfills, while less than 14 per cent was released, recycled, incinerated or found its way into sludge.

Canada. Environment Canada since April this year has also required key industries to develop mitigation plans to reduce the amount of BPA they release into the environment.

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AMO 2012 ... AND NOW A WORD FROM OUR SPONSORS



URBAN COMPASS
Steve Collins
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Whenever an official of the Association of Municipalities Ontario took the stage at their annual convention in Ottawa last week, a sting of upbeat music would blast from the PA, as if they were professional wrestlers entering the ring.

It was an unaccustomed touch of flash for a gathering that, like its members' municipal council meetings across the province, was generally heavier on day-to-day business than show business.

Among the biggest issues the AMO's wrestling is a collective \$60-billion infrastructure deficit, and no small difficulty locating the necessary funds to plug that hole. Their national counterparts in the Federation of Canadian Municipalities estimate that communities across the entire country are about \$123 billion behind on infrastructure, so that locates about half the country's problem right here in Ontario.

One of the challenges, as they like to call them, is that, for all their growing responsibilities, municipalities only have so many ways to pay for them. Cranking up property taxes or imposing levies to get long-needed repairs and replacements done isn't practical, especially in smaller towns, so municipalities end up borrowing the money and arm-twisting other levels of government to chip in.

It wasn't a surprise, then, that the convention's speaking roster was heavy on provincial politicians, including all three party leaders at Queen's Park, and the provincial ministers of municipal affairs and infrastructure.

The Ontario government was also one of the conference's top sponsors, helping pick up the tab for the Ottawa Convention Centre confab along with the likes of Enbridge and the ubiquitous Tim Horton's.

The doughnut shop with the golden brand that practically makes it Canada's state coffee is one of Mayor Watson's go-to corporate partners. Tim's catered his inauguration and sponsors city garbage cleanup campaigns.

They supplied the AMO not only with gallons of coffee, but also brought in keynote speaker Rex Murphy, who got big laughs from conference-goers and provided a welcome antidote to days of dry, technocratic talk of key stakeholders and asset-management plans.

Murphy engaged in a little playful class snobbery, joking about how regular, normal Canadians go to Tim Hortons to avoid the people at Starbucks. All good fun, sure, but it's hard to imagine the opposite joke working quite as well had Starbucks been footing the bill for his appearance.

Corporate sponsorships are investments, and they come with corporate agendas attached. The AMO wouldn't have been able to put on a show on this scale without private-sector assistance, but that assistance also resulted in some curious seminars for municipal officials — e.g., The Beer Store: Your Partner in Economic and Environmental Success, sponsored by, yep, The Beer Store.

The Canadian Cement Association was no doubt pleased to help stage a conference at which so much attention was paid to the urgency of buying more of their members' product to renew infrastructure.

There is nothing inherently wrong with taking corporate money, either for a conference on municipal government, or even as a way for those governments to get more done on tight budgets, but strings have a way of attaching themselves.

Representatives of Coca-Cola last week wrote our mayor to pre-emptively take issue with the planned city healthy-eating and active-living (HEAL) campaign, in particular any suggestions such a campaign might make that their sugary beverages are in any way unhealthy.

While it's hard to fault our health officials for, well, promoting health, one can see why Coke might have thought itself in a position to protest, having just last year paid the city \$135,000 and a cut of sales for the right to have only their beverages sold in city facilities. "Hey, Ottawa," the soft-drink makers might understandably say, "I thought we were partners here."

There's no problem with cutting such a deal as long as it stops at the doors of the snack bar or concession stand, but it shouldn't buy businesses the right to influence city policy.

Horse-drawn boat, anyone?



GETTY IMAGES PHOTOS

Post-Olympic transport

Boat celebrates birthday in style

This was the first canal boat to be pulled through London, England, by a horse in 60 years. The Ilkeston barge was on its way to the London Canal Museum to mark its 100th birthday, after being restored to mint condition in the North of England. It was led there by Buddy, a 13-year-old Clydesdale horse, surely grateful this is no longer a common practice. **METRO**

Cheap price

344

The cost in pounds sterling (about \$544) that the Ilkeston was sold for in 1945 when it finished its span as a cargo ship. Between then and its restoration, it was used as a "mud boat" for dredging the canal floor.

Horse jobs

- **Pit ponies.** Used to haul coal underground from the 18th century until 1971, often replacing child labour.
- **Hansom cab horses.** Fastest way to travel in the 19th century, they were extremely popular. Eventually replaced by taxis.
- **War horses.** Supplied cavalry units for thousands of years. Finally recognized by a 2011 Steven Spielberg film and hit play.

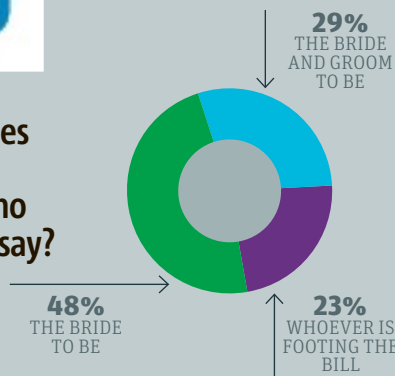


Kevin Darke steers The Ilkeston after it was restored by volunteers and trainees at the National Waterways Museum.



Survey results provided by Play Taxi Media

When it comes to wedding planning, who gets the last say?



Twitter

@alicjwithaj: Yupp. Just got sprayed with a water gun by @JimWatsonOttawa at #CapPride.

@AliceDean88: Loved marching with the #ndp in the Pride Parade! So much love and energy!!! #cappride

@AdamMooz: Who turned up the allergies in Ottawa? You need to be taken behind a shed and given a good

beating.

@allisonmedjuck: Such an amazing atmosphere in downtown Ottawa! Had the best time marching with @theGLBTQ-Centre

@_DaniellaAfonso: Toronto is so ugly compared to Ottawa or like Montreal

The odd (celebrity) couple

The engagement of Avril Lavigne and Chad Kroeger has shocked Sk&er Bois and wannabe rockstars alike. This is how they remind us of some other strange star couplings.

MICHELLE CASTILLO
Metro World News

Congratulations are in order for Canada's most famous couple that no one knew existed, Avril Lavigne and Chad Kroeger. Lavigne annoyed millions (all the way to the platinum-tinged bank) with her "punk" records and pop singles. Kroeger has drawn much criticism for his lead singer role in Nickelback — so much so that even he's joined in and jokingly lashed back at the hatred through tongue-in-cheek videos on Funny or Die and quips on Twitter.

The two surprised fans and enemies alike by getting engaged after six months of discretely dating while they were co-writing a song for Lavigne's fifth studio album. But they're not the most shocking couple out there. Here's a couple more pairings that had us stunned.



Ben Affleck and Jennifer Lopez

He was raised in Boston. She grew up the Bronx. Somehow, these two managed to get together for what we are quite sure was a meaningful, not-long-lasting relationship. And, um, Gigli.



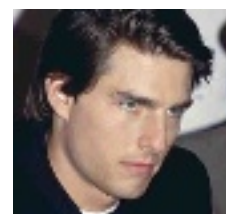
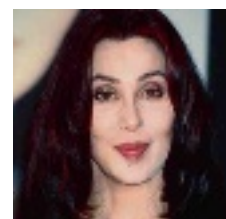
Woody Allen and Soon-Yi Previn

Though legally he wasn't her stepfather, Allen's relationship with Previn's adoptive mother, Mia Farrow, made the whole situation icky. It must be true love though: They've been together since 1992 and have two adopted daughters.



Lisa Marie Presley and Nicolas Cage

Gossip mills say that one of the main reasons Cage was attracted to the Presley daughter was because of his obsession with the King, which we're assuming would make for really awkward first date conversation.



Tom Cruise and Cher

Believe it or not, these two were together for a few months in the 1980s. Then again, it was the 1980s. A lot of things that shock us today weren't so surprising back then.

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SCENE

On the web



Lawyer for paparazzo charged in Bieber chase will fight Calif. law aimed at celebrity pursuits

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The spawn of Snooki born — signalling arrival of the apocalypse

Jersey Shore star Nicole Snooki Polizzi gave birth to a baby boy over the weekend in Livingston, N.J., according to Us Weekly.

The boy, named Lorenzo, is the first child for Polizzi and her boyfriend of two years, Jionni LaValle.

"The world just got another Guido! Lorenzo Dominic LaValle has entered the world weighing six pounds, five ounces. Nicole, Jionni and Enzo are doing great!" her rep tells the magazine.



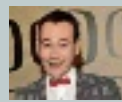
Snooki
ALL PHOTOS GETTY IMAGES

Twitter



@MillaJovovich

So we hit 1 mill! How cool! So now its contest time!!! let the games begin and "may the odds be EVER in your favour"



@peeweeherman

Goodbye, Neil Armstrong - courageous pioneer and hero.



@ActuallyNPH

I'm co-producing a terrifying interactive horror play in a 107yr old mansion in L.A!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Katy Perry and John Mayer expire



THE WORD

Dorothy Robinson
scene@metronews.ca



Katy Perry has joined the surprisingly long list of hot, talented women to be dumped by John Mayer.

After two months, Mayer — who has also dated Jennifer Aniston, Jessica Simpson and Taylor Swift — called things off with the singer late last week, according to RadarOnline. Unlike the rest of us, Perry apparently thought Mayer had grown up since his days of bragging about his A-list sex life in Playboy.

"Katy fell hook, line and sinker for John, so when he

broke it off she was ultimately surprised and incredibly embarrassed," a source tells the site.

"She's ashamed that she got played. It was the classic ladies man move — he added another notch on his bedpost. He charmed Katy, got what he wanted and moved on."

Katy, don't be embarrassed that you got played by a sleazy guy — be embarrassed that you got played by the guy who wrote Your Body is a Wonderland.



Prince Harry.

Prince Harry gets public dressing down

Prince Harry is reportedly planning to make a public mea culpa for the naked photo scandal from his recent trip to Las Vegas, according to Radar Online.

"Harry regrets the embarrassment he has caused the royal family around the world and plans on apologizing for his antics," a

source says. "He got a stern-telling off from his father, Prince Charles, as well as the Queen, who reminded him of his responsibilities as a member of the royal family. Even on vacation, the Prince has to realize that he is an ambassador for the country and should behave appropriately."



Chef Mark McEwan & Chef Corbin Tomaszeski

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This September, Prince Edward Island hosts the world with the Fall Flavours Festival. It's your chance to see Food Network celebrity chefs like Susur Lee, Michael Smith, Mark McEwan and Corbin Tomaszeski bring all the favourite flavours of PEI to life as they host, cook and participate in culinary events across the Island.



For full event listings and to reserve your spot at the table, visit tourismPEI.com/flavours



The Gentle Island

Parents' back to school 101: Letting them go

Parenting. Don't let your nerves take over as your little ones board that school bus

MEREDITH ENGEL

Metro World News in New York City

Pop quiz: Who's more nervous about starting school this year, you or your child?

If it's you, "it's a very normal response to have," says Matthew Stevenson, a child and family therapist in Philadelphia.

We asked him how parents can send their little ones off to school without letting their nerves take over.

Why does this anxiety happen?

It usually happens the first couple of times that a parent leaves their child alone, even for a couple hours. It's a natural thing to be worried about the person that you brought into the world, that you're responsible for, if you're not there when you are there typically. Particularly the stay-at-home parents, for them to be with this person 24/7 for five years and then to have them go off alone, that can cause a lot of stress. And it's a very normal thing to experience that stress. They're worried about their kid because they know they can keep their child safe. They've been doing it for five years, and now they're giving that responsibility to somebody else. It's hard to let go of that control. Where it can potentially become a problem is if that stress is being picked up by



Acknowledging that you're nervous about your child heading off to school is the first step to feeling better. ISTOCK

the child.

How can parents feel better?

Acknowledge it. The parent needs to realize that this is something they're concerned about — that's step one. Once they're able to acknowledge that, understand that it's a pretty normal anxiety to have. Step two is that it's important for parents to realize that they need to let their child go. That's part of the growth of their child, to have that independence and be able to function and do well without having the parent present all

the time. Part of being a good parent is having your child thrive when you're not around. Then once you are able to let your child go to school, it's important to keep yourself occupied during those times. Have activities, do errands that are a lot easier to do without a child. Join classes, go to the gym — anything that would distract you so before you know it, it's time to pick up your little one.

When is this a problem that needs some extra help?

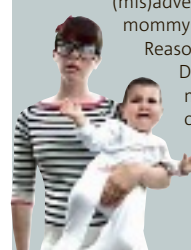
If the parent is going to

school to watch their kid at recess, that would be not healthy. I think calling the school multiple times during the day to make sure that their child is OK, that would not be healthy. Showing that you're so upset, and your child picks up on that and then doesn't want to go to school, that's where it becomes a big issue. If you're able to hide your anxiety from your child, and they still enjoy going to school, it's not as much of a problem. But if it's affecting the entire family, then at that point it's probably good to seek help from a therapist.

On the web

metronews.ca

- **Babysitter issues.** Is the babysitter playing with baby or playing FarmVille? Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks at metronews.ca/voices



3 TIPS

On the Web



Reason Mommy Drinks #73: Crippling paranoia when you're not around. Scan this code to find out why.



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Turn tonight's dinner into tomorrow's unique lunch

The best dinners are those that not only are delicious in their own right, but that also leave leftovers that can be reworked into lunch the next day.

This recipe for grilled hoisin pork tenderloin is perfect. The dinner itself is simple: Just toss the marinated tenderloin on the grill along with a few vegetables and it's good to go.

The next day, turn the leftover pork into barbecue pulled pork by pulling it apart and mixing it with barbecue sauce. It can be eaten on a bun or in a wrap. It also can be served

Grilled Hoisin Pork Tenderloin With Cumin Onions



This recipe makes enough for four dinners and two lunches. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 9.4-oz jar hoisin sauce
- 1 cup red wine
- 1/4 cup soy sauce
- 4 cloves garlic, minced
- 1 tsp hot sauce
- 2-lbs pork tenderloins
- 5 large yellow onions
- 2 tbsp olive oil
- Kosher salt and ground black pepper
- 1 tbsp whole cumin seeds

warm or cold.

1. In large zip-close plastic bag, combine hoisin, wine, soy sauce, garlic and hot sauce. Seal bag and gently shake to mix well. Add pork tenderloin — then close bag and gently turn to ensure the meat is well coated. Refrigerate for at least two hours and up to 24 hours.

2. Trim ends from onions, then peel off outer layer of skin.

Place onions in a second large zip-close plastic bag; add olive oil, a bit of salt and pepper, and cumin seeds. Seal bag, gently shake to coat evenly. Refrigerate until ready to grill meat.

3. When ready to cook, heat one side of the grill to medium-high, the other side to low.

4. Using oil-soaked paper towel held with tongs, oil the grill grates. Add whole onions to

cooler side of grill. Grill, covered, for 5 minutes. Turn onions, then add pork to cooler side of grill. Grill pork for 6 minutes per side. Remove onions when very tender and meat when it is seared on outside and reaches 145 F at centre.

5. Transfer pork and onions to a platter and let the meat rest for 5 minutes. Thinly slice the pork and serve with an onion.

THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



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One of the best parts of summer is sitting on a patio and sipping some delicious alcoholic beverages. Think twice before you order your next drink.

2 (8 oz) glasses of wine

400 calories

Summer, barbecues and alcohol go hand in hand. But watch the wine because two glasses of red or white contain a whopping 400 calories.



Equivalent

Two eight-ounce glasses of wine are equal in calories to 17 Italian style meatballs.



2 (8 oz) Pilsner beer

200 calories

With half the calories, enjoy your favourite beer instead of the wine. Remember not to drink your calories.



Steam these tasty pork dumplings to perfection

You may never have bought wontons as a raw ingredient, but if you've ever had fried egg rolls or steamed dumplings

in your Asian take-out, you've eaten them.

Because wonton skins essentially are vehicles for con-

taining other ingredients, their strength is their versatility. They can be filled with just about anything, from ground or chopped meat and vegetables, to cheese.

You'll find wontons in virtually every grocer, usually in the produce section next to the tofu and other Asian ingredients.

They are available in a variety of sizes, though three-inch squares tend to be the most versatile.

1. In a large bowl, whisk together the egg, hoisin, soy sauce, sesame oil and hot sauce. Add the pork, carrots, scallions, cilantro and water chestnuts,

then mix well.

2. One at a time, place one tablespoon of the pork mixture in the centre of each wonton. Dunk your fingers in water, then use them to wet the edges of the wrapper. Gather the edges of the wrapper over the filling, pinching them together to form a small purse. Repeat with the remaining filling and wrappers.

3. In a large sauté pan, bring about one inch of water to a boil. Set a



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

bamboo or other steamer basket over the water, then lightly coat it with cooking spray.

4. Working in batches if necessary, arrange the dumplings in the steamer (they should not

touch), then cover and steam for 15 minutes.

5. Meanwhile, prepare the dipping sauce. In a small bowl, whisk together all ingredients. Serve the dumplings hot with the dipping sauce. THE ASSOCIATED PRESS

Ingredients

Dumplings

- 1 egg
- 2 tbsp hoisin sauce
- 2 tbsp soy sauce
- 1 tbsp toasted sesame oil
- 1 tsp hot sauce
- 1 lb ground pork
- 1/2 cup finely grated carrots
- 4 finely chopped scallions
- 1/4 cup chopped cilantro
- 8-oz can water chestnuts,

finely chopped

- 12-oz package 3-inch square wonton wrappers

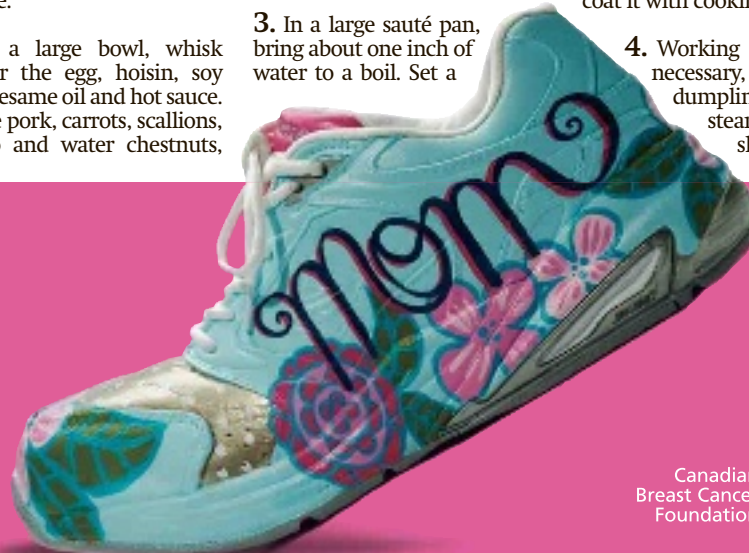
Dipping sauce

- 3 tbsp toasted sesame oil
- 2 tbsp rice vinegar
- 2 tbsp soy sauce
- 1 tbsp chopped cilantro
- 1 tsp sugar
- Pinch red pepper flakes

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Calm before the dorm: A parent's prep guide

Master of the move.

What parents need to know about settling your student into their new home

TIFFANY
KANG
life@metronews.ca

After a last-minute trip to Bed Bath & Beyond for the crucial shower caddy and extra-long bed sheets, your college freshman should be good to go. But, let's face it — are you, the parent, equally prepared?

This bittersweet battle starts well before arriving home to your child's empty bedroom.

It begins, in fact, on move-in day — the pinnacle of your parenting career up until this point.

Here's what experts have to say about making the right moves for move-in.

Know less is more, especially at first

"Initially, bring 100 per cent of what's needed, but not 100 per cent of what's wanted," says Marc Wais, NYU's vice president for student affairs. "Be Spartan and minimalist. Save the rest for shipping afterwards. It'll prevent heart attacks in 100 degree weather." This is especially important for city navigation, where "urban campuses are normally vertical, rather than sprawled for easy movement," he notes.

Keep an eye on the clock

"There will be some point in time when the university wants you to say goodbye," Wais cautions. "Don't hang around — it often embar-



With a little planning, the big move can be a fun day. ISTOCK

asses students and prevents them from forging their own beginnings." Colleges plan orientations carefully, "so be thoughtful by following the schedule as programmed."

Expect peace, not pandemonium

Marie Carr, author of *The Prepared Parent's Operational Manual: Sending Your Child to College*, is a veteran move-in mom and reminds us that no one is as prepared as the college's staff. "You'll meet panels of experienced parents as well as teams of resident advisers, students and staff more than willing to guide you," she says. "There may even

be city police directing traffic, and there will certainly be adequate free parking. Universities go out of their way for you."

Space notes

"Students should communicate clearly with roommates to find out who's bringing what," says Wais. "You don't want two of anything if you only need one, especially in a small room." Meanwhile, save space by keeping it simple in the gadget department. "Computers can be DVD players. Cell phones can act as alarm clocks," notes Carr. "Simplify for the situation."

Smile for the photograph

Pro packer

"Initially, bring 100 per cent of what's needed, but not 100 per cent of what's wanted."

Marc Wais
Vice-president for student affairs at New York University

After a day of waiting for elevators and wrestling with packing tape, you probably won't be feeling photogenic. But before you leave, remember to snap pictures of that first day — the cap-and-gown portrait will be here before you know it.

Start fresh with frosh.
Make sure not to waste that first week of freedom



A new life of learning and laughter awaits in college. ISTOCK

For new students across the country, frosh week is an orientation to university or college life and an introduction to ideas that could potentially shape your view of the world. To make your first week on campus a memorable one, follow these simple tips:

Visit the campus

No one has ever gotten acquainted with their classes, campus, or colleagues by staying in bed. Tempting as it may be to sleep in and stretch summer by another precious week, get up and physically go to school — whether or not you have a class. Even just hanging around campus with a newspaper and a coffee will give you an idea of who your classmates are and where the hot spots are located.

Try something new

During the first few weeks of the school year, most student clubs, groups, and teams set up booths to recruit new members. You may find groups for environmental activism, ultimate frisbee, or identifying with your cultural roots. Exploring student clubs and getting involved in extra-curricular activities is a great way to meet new

Work hard, play hard

Make the most of your newfound freedom.

- Stay out late, talk to everyone you meet, and ask a lot of questions. This is a fresh start, so leave the high school drama behind and have fun.

people and help you discover what is important to you as a person.

Remember the big picture

Keep things in perspective and remember how fortunate you are to have the opportunity to gain a higher education. Youth in developing countries may have to drop out of school at an early age to support their families. Add depth and meaning to frosh week by getting involved with campus fundraisers. You'll make friends with people who share your passions while raising money for organizations like Christian Children's Fund of Canada (ccfcanda.ca), which helps provide an education for children and youth living in poverty.

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Glori Meldrum is a businesswoman determined to give something back



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

"I think I want to start my own company".

Glori Meldrum sat across the dinner table from her husband and weighed her options.

Having just moved from New Brunswick to Edmonton, the bachelor of commerce grad was working as a promotions director at a radio station and was making \$27,000 a year.

They looked at each other and knew the answer was clear.

"Let's do it".

Today, Glori owns two companies, g (squared) and trafik interactive and is a proud wife and mother of

Glori's guide to life

Keys to success:

- Have vision and execute.
- Be true to yourself, employees and clients. Then the right team and clients will be built around you.
- Always act from a place of love. Even if I have to let an employee or client go, I do it from a point of authenticity and love.
- People are your most valuable asset. Hire people that reflect your own values to create a good team.
- Remember that fear only exists in your mind. If I'm scared of something I force myself and get in and get it done. I just do it.
- littlewarriors.ca

three children including a five-year-old boy she adopted from Ethiopia.

Meldrum is also giving back.

As a survivor of child abuse she is raising money to build Little Warriors Be Brave Ranch.

"In most major markets there are two to three facilities for sex offenders but

not for kids.

"My dream is to build a spiritual oasis where a neglected survivor can be given the tools they need to heal their body and spirit and mind.

"It's not about money. It's about having a loving, balanced, happy life and being of service to others. It's that simple."



Businesswoman, humanitarian and survivor, Glori Meldrum / PROVIDED

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Remove the fear from the first day

Breezing into the books. Don't assume your child isn't excited to embark on their scholastic life

LINDA CLARKE
life@metronews.ca

The first day at school isn't what it used to be. These days, by the time most children start formal education they're relatively comfortable with separation from the home and parent, says Jayne Singer, Ph.D., the clinical director of the Child and Parent Program at Boston Children's Hospital.

"Children who have had high-quality day care or preschool make a better transition to school both emotionally and socially," she says.

Still, even leaving a private play-based preschool to go to a public school is a big transition, and there's a lot parents can do to ease a child's stress with any environmental change. When



They're going to have to do their homework, and so should you!

ISTOCK

it comes to easing anxiety, familiarity breeds comfort.

"Give the child guidance; show them pictures of their new classroom or school. A lot of schools have the good sense to hold open houses or have a welcome visit. Visit the school, visit the playground. Show them the classroom and where they will play. The sense of fam-

iliarity will ease anxiety."

"Also," adds Singer, "younger children do well with concrete reminders about the passage of time. Get a calendar and mark off the days until school starts. Turn it into a craft project. Say, make a flower and add a petal for each day."

One thing parents should watch for is transferring their anxiety. "Parents shouldn't assume a child is anxious or feels separation. Don't ask, 'Are you scared?' Let the child bring it up and if they do, say, 'Of course you are. I feel nervous when I do something new.'"

Parents should also get ready in advance

"Have a conversation with personnel at the school so you are prepared for the environment," says Singer. "The more parents know about the school, the more authentic they are in offering guidance to the child. Tell your child they will have a chance to play, they will have a place to draw and paint. Give them concrete examples of what is there. Give them a vision of the classroom as a kind and supportive place."

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U.S. Open for the taking

Tennis. Plenty up for grabs in final Grand Slam of jam-packed year

Champion at Wimbledon in both singles and doubles. Winner again at the All England Club in both events, four weeks later at the Olympics.

Nobody would blame Serena Williams if she felt worn down by this year's jam-packed tennis calendar. She doesn't see it that way, though — even with the grind of the U.S. Open looming in New York.

"I look forward to this," Williams said. "It's almost like a launching pad for what I want to do for the rest of the hard-

Quoted



"I think it was a sign my body just needed to slow down."

Maria Sharapova, who pulled out of her final two prep tournaments before the U.S. Open.

court season."

In a way, yes, Monday's start of the year's last Grand Slam marks a new beginning — the kickoff of a six-month stretch on the hard courts ends with the 2013 Australian Open.

Call it mental gymnastics, a creative way of looking at things or whatever else might apply. What can't be denied is that in an Olympic year, the U.S. Open — considered the toughest test in tennis under normal

circumstances — is essentially the season's fifth major.

"A lot of them," Jim Courier said, "are running on fumes."

Indeed, many top players have had to double down on their fitness and find creative ways of organizing their schedules.

Defending champion Novak Djokovic barely took any time off following his fourth-place finish at the Olympics. He travelled to Toronto for a tune-up

By the numbers

8

Some combination of Rafael Nadal, Roger Federer, Andy Murray or Novak Djokovic have occupied every spot in the finals of the past eight Grand Slam tournaments.

and won the tournament.

Then, he flew to Cincinnati, played six more matches but lost to Roger Federer in the final that included a 6-0 white-washing in the first set.

"Mentally, I wasn't there, wasn't fresh," Djokovic said. "It had been a very busy time starting at the Olympic Games, and maybe that caught up with me at the end."

The Second-seeded Djokovic won the Australian Open. Rafael Nadal won the French Open. Top-seeded Federer won Wimbledon. Just for good measure, third-seeded Andy Murray won the Olympics, meaning the U.S. Open could essentially determine the player of the year in men's tennis.

Though the women's game has been more in flux than the men's of late — seven different winners over the past seven Grand Slams — the math is essentially the same in 2012: Three of the top four women — No. 1 Victoria Azarenka, No. 3 Maria Sharapova and No. 4 Williams — have major titles this year and all need this one to break the tie. **THE ASSOCIATED PRESS**



Offence clicks for Manning in final pre-season outing

Broncos receiver Eric Decker makes a catch for a touchdown on a pass from Peyton Manning on Sunday in Denver. Manning looked good in his final regular season tune-up, throwing his first two touchdown passes — both to Decker — in a 29-24 loss to the San Francisco 49ers. **JUSTIN EDMONDS/GETTY IMAGES**

Mobile sports



Seahawks coaches and management were raving about how good Terrell Owens looked when he signed with Seattle earlier this month. That enthusiasm proved short-lived, though, as the controversial 38-year-old receiver was released by the club on Sunday.

Paralympics. Rugby's Hickling given flag duty

A ferocious player on the court and an unassuming man off of it, Garrett Hickling will carry the Maple Leaf into Wednesday's opening ceremonies of the 2012 Paralympic Games.

Hickling will represent Canada in Paralympic wheelchair rugby for the fifth time in his career. The 41-year-old from Kelowna, B.C., was named the Canadian team's flagbearer Sunday.

"This makes me want to hold my head up high and smile hard," Hickling said.

He's intimidating on the court because of his aggression and power. Hickling has



Garrett Hickling, right, battles for the ball during a game against Australia in April. **GETTY IMAGES FILE**

competed in every Paralympics that included wheelchair rugby, winning silver in 1996 and 2004 and bronze in 2008. **THE CANADIAN PRESS**

MLB

Bautista makes short-lived return to Jays lineup

Blue Jays slugger Jose Bautista, who re-aggravated his left wrist sprain on Saturday, travelled to Cleveland on Sunday to visit noted hand specialist, Dr. Thomas Graham.

In just his second game back since he suffered the injury on July 16 in New York, Bautista left Saturday's game after just one at-bat citing new discomfort in the wrist. He was put back on the 15-day disabled list following the game.

TORSTAR NEWS SERVICE

Golf. Teenager Ko notches historic Canadian Open win

Fifteen-year-old amateur Lydia Ko made her mark in golf history Sunday.

Ko became the youngest ever winner of an LPGA event as she captured the Canadian Women's Open title with a 5-under 67. The New Zealander finished with a 13-under 275 total to beat Inbee Park of South Korea by three strokes.

Ko is also the first amateur to win the Canadian Women's Open and does not receive the winner's cheque, which goes to Park. She's the fifth amateur to win an LPGA tournament and first since JoAnne Carner of the U.S. back in 1969. **THE CANADIAN PRESS**



Lydia Ko kisses the Canadian Women's Open trophy, Sunday, in Coquitlam, B.C. **THE CANADIAN PRESS**

MLB
AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	74	53	.583	—
Tampa Bay	70	57	.551	4
Baltimore	69	57	.548	4½
Boston	61	67	.477	13½
Toronto	56	70	.444	17½
CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	71	55	.563	—
Detroit	69	58	.543	2½
Kansas City	56	70	.444	15
Cleveland	55	72	.433	16½
Minnesota	52	75	.409	19½
WEST DIVISION				
	W	L	Pct	GB
Texas	75	52	.591	—
Oakland	69	57	.548	5½
Los Angeles	66	62	.516	9½
Seattle	61	67	.477	14½

Sunday's results
Minnesota 6 Texas 5
Chicago White Sox 4 Seattle 3 (7 inn.)
N.Y. Yankees 4 Cleveland 2
Boston 8 Kansas City 6
Detroit 5 L.A. Angels 2
Toronto at Baltimore, ppd., rain
Saturday's results
Baltimore 8 **Toronto** 2
Kansas City 10 Boston 9 (12 inn.)
Oakland 4 Tampa Bay 2
Texas 9 Minnesota 3
Chicago White Sox 5 Seattle 4
Cleveland 3 N.Y. Yankees 1
Detroit 5 L.A. Angels 3
Monday's games
All times Eastern
Kansas City (Hochevar 7-11) at Boston (Mat-suzaka 0-3), 1:35 p.m.
Chicago White Sox (Liriano 5-10) at Balti-more (W.Chen 12-7), 7:05 p.m.
Oakland (B.Anderson 1-0) at Cleveland (Ro.Hernandez 0-2), 7:05 p.m.
Toronto (H.Alvarez 7-11) at N.Y. Yankees (Phelps 3-4), 7:05 p.m.
Tampa Bay (Price 16-4) at Texas (D.Holland 8-6), 8:05 p.m.
Seattle (F.Hernandez 12-5) at Minnesota (Hendriks 0-6), 8:10 p.m.
Tuesday's games
Chicago White Sox at Baltimore, 7:05 p.m.
Oakland at Cleveland, 7:05 p.m.
Toronto at N.Y. Yankees, 7:05 p.m.
Tampa Bay at Texas, 8:05 p.m.
Detroit at Kansas City, 8:10 p.m.
Seattle at Minnesota, 8:10 p.m.
Boston at L.A. Angels, 10:05 p.m.

AL LEADERS	G	AB	R	H	Avg.
Trout LAA	104	423	99	143	.338
Jeter NYY	124	531	81	173	.326
MiCabrera Det	126	490	83	159	.324
Konerko ChiW	109	408	53	130	.319
Mauer Minn	117	434	67	136	.313
Beltre Tex	122	476	73	149	.313
Fielder Det	126	456	67	141	.309
Revere Minn	89	374	50	115	.307
Cano NYY	125	483	76	148	.306
AJackson Det	104	413	79	126	.305
RBI — Hamilton, Tex, 107; MiCabrera, Det, 106; Willingham, Min, 91; Fielder, Det, 89; Encarnacion, Toronto, 88 ; ADunn, Chi, 87. Home Runs — ADunn, Chi, 38; Encarnacion, Toronto, 34 ; Hamilton, Tex, 34; MiCabrera, Det, 32; Granderson, N.Y, 32; Willingham, Min, 31. Stolen Bases — Trout, LA, 41; RDavis, Tor, 39 . Sunday's games not included					

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	77	50	.606	—
Atlanta	72	55	.567	5
Philadelphia	61	67	.477	16½
New York	59	69	.461	18½
Miami	58	71	.450	20
CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	77	52	.597	—
St. Louis	70	57	.551	6
Pittsburgh	68	59	.535	8
Milwaukee	67	67	.468	16½
Chicago	49	77	.389	26½
Houston	40	88	.313	36½
WEST DIVISION				
	W	L	Pct	GB
San Francisco	71	56	.559	—
Los Angeles	69	59	.539	2½
Arizona	64	64	.500	7½
San Diego	59	70	.457	13
Colorado	51	75	.405	19½

Sunday's results
Miami 6 L.A. Dodgers 2
Philadelphia 4 Washington 1
St. Louis 8 Cincinnati 2
San Diego 5 Arizona 4
Milwaukee 7 Pittsburgh 0
Chicago Cubs 5 Colorado 0 (8 inn.)
N.Y. Mets 2 Houston 1
Atlanta at San Francisco
Saturday's results
Colorado 4 Chicago Cubs 3
Philadelphia 4 Washington 2
San Diego 9 Arizona 3
Cincinnati 8 St. Louis 2
Atlanta 7 San Francisco 3
Pittsburgh 4 Milwaukee 0
N.Y. Mets 3 Houston 1
L.A. Dodgers 8 Miami 2
Monday's games
All times Eastern
St. Louis (Lohse 13-2) at Pittsburgh (A.J.Burnett 15-4), 7:05 p.m.
Milwaukee (Estrada 1-5) at Chicago Cubs (Germano 2-3), 8:05 p.m.
L.A. Dodgers (Beckett 0-0) at Colorado (Francis 4-4), 8:40 p.m.
Cincinnati (Arroyo 10-7) at Arizona (Skaggs 1-0), 9:40 p.m.
Atlanta (Maholm 11-8) at San Diego (C.Kelly 0-0), 10:05 p.m.
Tuesday's games
N.Y. Mets at Philadelphia, 7:05 p.m.
St. Louis at Pittsburgh, 7:05 p.m.
Washington at Miami, 7:10 p.m.
Milwaukee at Chicago Cubs, 8:05 p.m.
San Francisco at Houston, 8:05 p.m.
L.A. Dodgers at Colorado, 8:40 p.m.
Cincinnati at Arizona, 9:40 p.m.
Atlanta at San Diego, 10:05 p.m.

NL LEADERS	G	AB	R	H	Avg.
McCabrera SF	113	459	84	159	.346
AMcCutchen Pgh	122	462	88	160	.346
YMolina STL	107	400	50	131	.328
Posey SF	114	405	57	132	.326
DWright NYM	123	454	75	144	.317
CGonzalez Col	112	441	79	138	.313
Fowler Col	115	376	67	115	.306
Holliday STL	123	477	80	145	.304
Braun Mil	117	451	82	137	.304
Altuve Hou	118	471	68	141	.299
Runs — AMcCutchen, Pit, 88; Bourn, Atl, 84; McCabrera, SF, 84; Braun, Mil, 82. RBI — Beltran, STL, 85; Braun, Mil, 85; Holliday, STL, 85; Bruce, Cin, 81; FFreeman, Atl, 81; CGonzalez, Col, 81; Headley, SD, 80; Posey, SF, 80. Sunday's games not included					

SATURDAY

ORIOLES 8, BLUE JAYS 2										
Toronto	AB	R	H	BI	BB	SO	Avg.			
R.Davis lf <td>4</td> <td>0</td> <td>1</td> <td>0</td> <td>0</td> <td>0</td> <td colspan="4">.252</td>	4	0	1	0	0	0	.252			
McCoy cf-rf <td>4</td> <td>0</td> <td>1</td> <td>0</td> <td>0</td> <td>1</td> <td colspan="4">.229</td>	4	0	1	0	0	1	.229			
Bautista rf <td>0</td> <td>1</td> <td>0</td> <td>0</td> <td>1</td> <td>0</td> <td colspan="4">.241</td>	0	1	0	0	1	0	.241			
Rasmus cf <td>3</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>3</td> <td colspan="4">.232</td>	3	0	0	0	0	3	.232			
Encarnacion 1b <td>3</td> <td>1</td> <td>1</td> <td>2</td> <td>1</td> <td>1</td> <td colspan="4">.293</td>	3	1	1	2	1	1	.293			
K.Johnson 2b <td>4</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>1</td> <td colspan="4">.222</td>	4	0	0	0	0	1	.222			
Y.Escobar ss <td>3</td> <td>0</td> <td>1</td> <td>0</td> <td>0</td> <td>1</td> <td colspan="4">.246</td>	3	0	1	0	0	1	.246			
Sierra dh <td>3</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>3</td> <td colspan="4">.283</td>	3	0	0	0	0	3	.283			
Vizquel 3b <td>3</td> <td>0</td> <td>2</td> <td>0</td> <td>0</td> <td>0</td> <td colspan="4">.220</td>	3	0	2	0	0	0	.220			
Mathis c <td>3</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>1</td> <td colspan="4">.216</td>	3	0	0	0	0	1	.216			
Totals <td>30</td> <td>2</td> <td>6</td> <td>2</td> <td>2</td> <td>11</td> <td colspan="4"></td>	30	2	6	2	2	11				
Baltimore	AB	R	H	BI	BB	SO	Avg.			
Markakis rf <td>5</td> <td>2</td> <td>2</td> <td>0</td> <td>0</td> <td>0</td> <td colspan="4">.294</td>	5	2	2	0	0	0	.294			
Hardy ss <td>5</td> <td>3</td> <td>3</td> <td>2</td> <td>0</td> <td>1</td> <td colspan="4">.232</td>	5	3	3	2	0	1	.232			
McLouth lf <td>4</td> <td>1</td> <td>0</td> <td>0</td> <td>1</td> <td>2</td> <td colspan="4">.242</td>	4	1	0	0	1	2	.242			
Ad.Jones cf <td>5</td> <td>0</td> <td>1</td> <td>2</td> <td>0</td> <td>0</td> <td colspan="4">.290</td>	5	0	1	2	0	0	.290			
Wieters c <td>4</td> <td>0</td> <td>1</td> <td>2</td> <td>0</td> <td>3</td> <td colspan="4">.237</td>	4	0	1	2	0	3	.237			
C.Davis dh <td>3</td> <td>0</td> <td>1</td> <td>0</td> <td>0</td> <td>1</td> <td colspan="4">.256</td>	3	0	1	0	0	1	.256			
Mar.Reynolds 1b <td>3</td> <td>1</td> <td>2</td> <td>0</td> <td>1</td> <td>0</td> <td colspan="4">.222</td>	3	1	2	0	1	0	.222			
Flaherty 2b <td>3</td> <td>0</td> <td>1</td> <td>0</td> <td>1</td> <td>0</td> <td colspan="4">.211</td>	3	0	1	0	1	0	.211			
Andino 2b <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td colspan="4">.218</td>	0	0	0	0	0	0	.218			
Machado 3b <td>4</td> <td>1</td> <td>2</td> <td>1</td> <td>0</td> <td>1</td> <td colspan="4">.259</td>	4	1	2	1	0	1	.259			
Totals <td>36</td> <td>8</td> <td>13</td> <td>7</td> <td>3</td> <td>8</td> <td colspan="4"></td>	36	8	13	7	3	8				
Toronto	200	000	000	—2	6	2				
Baltimore	002	023	10x	—8	13	0				
E—Mathis (2), Y.Escobar (10).LOB—Tor 3, Bal 9.2B—Y.Escobar (14), Vizquel (2), Hardy (23).HR—Encarnacion (34), off S.Johnson; Hardy (17), off Jenkins. RBIs—Encarnacion 2 (88), Hardy 2 (52), Ad.Jones 2 (65), Wieters 2 (65), Machado (9).SB—McLouth (5).CS—R.Davis (10), McCoy (1), Vizquel (2).SF—Wieters.										
Toronto	IP	H	R	ER	BB	SO	NP	ERA		
Morrow L, 7-5	4½	6	4	2	1	7	88	3.06		
Loup	0	1	0	0	0	0	3	2.21		
Jenkins	3½	6	4	4	2	1	53	4.50		
Baltimore	IP	H	R	ER	BB	SO	NP	ERA		
S.Johnson W, 2-0	6	4	2	2	2	7	98	3.18		
Ayala	2	2	0	0	0	1	26	2.77		
Gregg	1	0	0	0	0	3	16	4.24		
T—2:41. A—25,082 (45,971).										

BLUE JAYS STATISTICS							
BATTERS	AB	R	H	RBI	AVG		
Cooper	140	16	42	4	11	.300	
Encarnacion	444	78	130	34	88	.293	
Sierra	60	5	17	2	5	.283	
Lawrie	397	59	112	9	40	.282	
Davis	321	50	81	6	34	.252	
Escobar	451	51	111	7	39	.246	
Arencibia	281	36	68	16	50	.242	
Bautista	332	64	80	27	65	.241	
Torrealba	164	17	39	3	12	.238	
Rasmus	453	57	105	20	66	.232	
McCoy	35	6	8	1	6	.229	
Lind	198	17	45	8	27	.227	
Johnson	427	52	95	14	47	.222	
Vizquel	127	11	28	0	3	.220	
Mathis	171	22	37	8	22	.216	
Hechavarria	39	1	7	0	2	.179	
PITCHERS	W	L	SV	IP	SO	ERA	
Mathis	0	0	0	2.0	0	9.00	
Oliver	2	2	2	44.1	42	1.83	
Lyon	1	0	0	13.1	22	2.03	
Loup	0	2	0	20.1	14	2.21	
Janssen	1	1	1	16.4	8.2	50	2.22
Morrow	7	5	0	82.1	74	3.06	
Villanueva	6	4	0	92.2	94	3.30	
Perez	2	2	0	42.0	39	3.43	
Frasor	1	1	0	36.0	45	4.00	
Delabar	3	1	0	49.1	68	4.01	
Happ	2	1	0	30.1	31	4.15	
Jenkins	0	1	0	12.0	5	4.50	
Laffey	3	5	0	73.0	39	4.56	
Hutchison	5	3	0	58.2	49	4.60	
Drabek	4	7	0	71.1	47	4.67	
Alvarez	7	11	0	147.0	56	4.84	
Lincoln	0	0	0	13.1	10	5.40	
Romero	8	11	0	155.0	104	5.63	
Santos	0	1	2	5.0	4	9.00	
Coello	0	1	0	6.1	11	12.79	

TENNIS

WTA

NEW HAVEN OPEN
At New Haven, Connecticut
Saturday's result
Singles — Championship
Petra Kvitova (2), Czech Republic, def. Maria Kirilenko (7), Russia, 7-6 (9), 7-5.

ATP

WINSTON-SALEM OPEN
At Winston-Salem, N.C.
Saturday's result
Singles — Championship
John Isner (3), U.S., def. Tomas Berdych (2), Czech Republic, 3-6, 6-4, 7-6 (9).

FOOTBALL

CFL

EAST DIVISION		
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Orioles defying the statistics

MLB. Pundits wrote off early-season success as fluke, but O's hold AL's second wild-card spot

The improbable success of the Baltimore Orioles this season has provided baseball fans with a useful reminder that even in this age of advanced analytics and carefully calculated projections, sport remains an unscripted theatre.

You never know what might happen, because — as they say — you've got to play the games.

The consensus favourite to finish last in the AL East after 14 consecutive losing seasons, the plucky O's have defied every expectation placed upon them this year. While most prognosticators wrote off their early-season success as a fluke, they just kept winning.

Now, with little more than a month left, they sit just four games back of the New York Yankees for the division lead.

On Sunday, Baltimore added left-hander Joe Saunders to bolster their fledgling, patchwork rotation as they try to maintain their grip on a playoff spot through the home stretch.

Beyond expectations

According to baseball thinker Bill James' "Pythagorean expectation" — a formula, based on run differential, that calculates how many games a team should have won — Baltimore's record should be 58-68, a great deal worse than the 69-57 record they actually hold.

But just how the Orioles are doing this remains something of a mystery.

They are the only team in

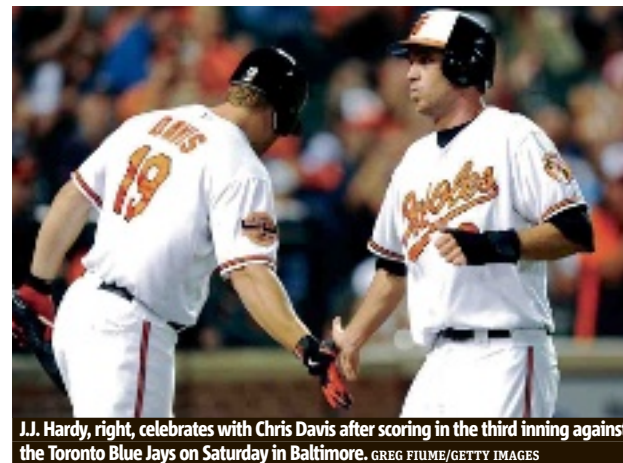
the majors with a winning record and a negative run differential, a measurement that is usually a reliable predictor of a team's success.

Heading into Sunday's game, Baltimore had scored 46 fewer runs than they had allowed.

The O's have committed more errors than any other team in the AL and have stolen the fewest bases.

"We've been lucky," manager Buck Showalter conceded. "Some things worked out that probably conventionally shouldn't have."

TORSTAR NEWS SERVICE



J.J. Hardy, right, celebrates with Chris Davis after scoring in the third inning against the Toronto Blue Jays on Saturday in Baltimore. GREG FIUME/GETTY IMAGES

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MISCELLANEOUS

Miscellaneous

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Horoscopes

Aries

March 21 - April 20
Partnerships and affairs of the heart may be a bit stormy as the week begins. Try not to overreact because it is only a passing phase and will pass a lot quicker if you stay calm, whatever the provocation.

Taurus

April 21 - May 21
Social activities are unlikely to appeal to you today, but matters related to your health and fitness will. Head for the gym or the pool and not only will you feel better physically but mentally and emotionally too.

Gemini

May 22 - June 21
You seem much more passionate than usual, and that's good, but watch out you don't go over the top in some way. Not everyone shares your interests and some people won't take kindly to you trying to "convert" them.

Cancer

June 22 - July 23
Your instincts about people are rarely off target but with mind planet Mercury under pressure at the moment you could get the wrong end of the stick. Don't jump to conclusions.

Leo

July 24 - Aug. 23
You may be feeling ultra dynamic but not everyone out there shares your get up and go attitude to life. If there is something you want doing over the next 24 hours you will most likely have to do it yourself.

Virgo

Aug. 24 - Sept. 23
Stop worrying about money and relationship issues and just go out and have fun. Sometimes you can allow trivial things to get on top of you and that's not good, especially right at the start of the week.

Libra

Sept. 24 - Oct. 23
The more you try to persuade friends and colleagues to get involved in your latest scheme the more they back away. Why is that? It could be because they are still hurting from how your last scheme worked out.

Scorpio

Oct. 24 - Nov. 22
If you get the chance to travel and meet new people over the next few days – and you will – you must seize it with both hands. Don't let those at home hold you back – their reasons are largely selfish.

Sagittarius

Nov. 23 - Dec. 21
Is there a grand design? Does your existence have meaning? Yes and yes again are the answers to those questions and even if you did not believe it before you will believe it today. There is no such thing as "coincidence".

Capricorn

Dec. 22 - Jan. 20
Yes, of course, you should respect people in positions of power but that does not mean you have to do everything they say. Sometimes a bit of rebellion is a healthy thing – it keeps everyone on their toes.

Aquarius

Jan. 21 - Feb. 19
Don't be afraid to ask people you live and work with what they think about what you are doing. Some of what they say may be critical but most of the feedback will be positive. Their input is essential.

Pisces

Feb. 20 - March 20
You seem to believe that everyone but you is in on some kind of secret. It may be true but more likely you are being a bit paranoid. Stop worrying about what other people know – it's what you know that matters. **SALLY BROMPTON**

Crossword: A Team Member, a Party, a Group, and a Game

BY MICHAEL WIESENBERG

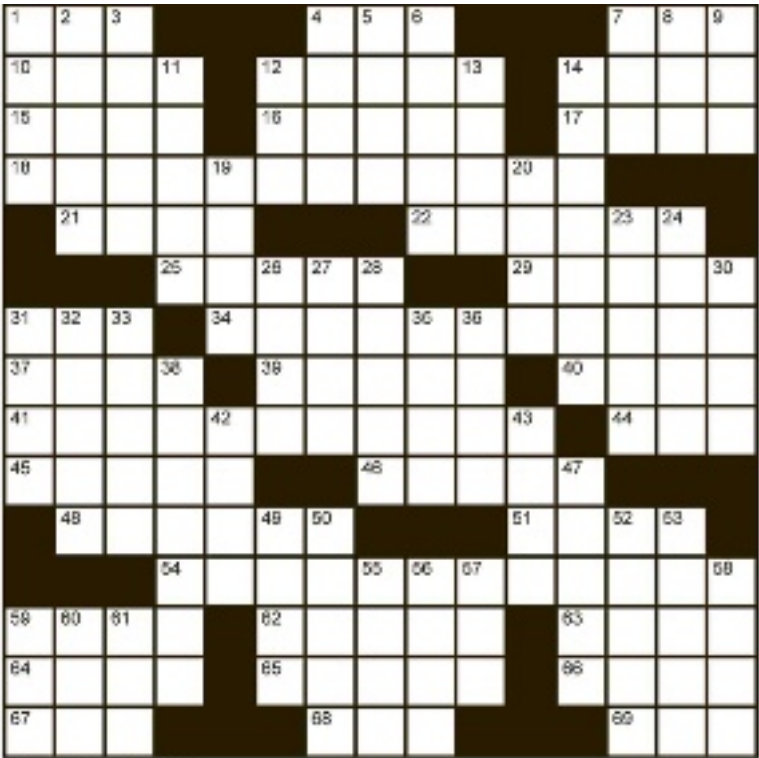
Across

- Attractive leg, slangily
- Cab alternative
- Parliamentarians
- Amor's Greek counterpart
- Madras master
- Short note
- Princess of Star Wars
- Angry bull's sound
- "The ___-bitsy spider ..."
- Province whose name means "swift flowing" in the Cree language
- Endlessly worry
- "Forget about it!" (from a casino term) (2 wds.)
- Moves through mud
- "___ Your Name": Mamas & Papas song (2 wds.)
- Big letters for Internet stock companies
- Buffy ___ (2 wds.)
- Small iPod
- Air conditioner coolant
- Goes bad
- They're in BC's Strait of Georgia (2 wds.)
- ___ Miserables
- Far above the ground
- One Flew Over the Cuckoo's Nest novelist Ken
- "He ___ the bank, three credit cards, four department stores": has much outstanding debt (2 wds.)
- CFL whistle blowers
- City in the Golden Horseshoe region of southern Ontario (2 wds.)
- After-bath powder
- Before surgery, in-

- formally
63. Bring in a harvest
64. "... there ___ square": it's the happening thing (2 wds.)
65. Weird
66. Computer menu selection
67. Parts of mos.
68. "Help!"
69. Repair tears

Down

- Becomes semisolid
- Fields of learning
- Damp
- BMO, for one: Fr.
- "Here comes trouble!" (2 wds.)
- Ambulance alert
- Encountered
- Parliament heads
- Asian sauce type
- "For goodness' ___!"
- Air France fleet component, once: initialism
- Vitamin ___: riboflavin (2 wds.)
- Subcompact
- Belt-hole makers
- Take ___ view of: be pessimistic about (2 wds.)
- Christmas song
- Crème de la crème
- Blockheads
- Damsel
- Behave furtively
- Not more
- Actress Swenson of



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- Benson (anagram of GAIN)
32. São ___: Brazil's largest city
33. At the minimum setting (2 wds.)
35. Vocal sound
36. Finishes
38. Side with the football
42. Odd-sounding but grammatically correct answer to "Who's there?"

- (2 wds.)
43. Vassal
47. 2012 and 2013
49. Record, in a way
50. Shrek and Fiona, for two
52. Bloodsucking parasites
53. NWT's Great ___ Lake
55. Nestle candy bar from Britain
56. Kings: Fr.

57. Friend of Tarzan
58. Gush
59. CAA service
60. 40 days and 40 nights boat
61. 16-oz. units

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	1	7	8	8	5	4	8	2
8	4	5	3	2	7	1	5	5
5	2	6	1	4	9	3	8	7
2	3	1	9	6	8	5	7	4
8	6	5	7	1	4	8	2	3
4	7	9	5	3	2	8	6	1
7	5	3	2	9	1	8	4	5
6	8	2	4	5	3	7	1	9
1	9	4	8	7	6	2	3	5

Today

27°/15°

Thunderstorms

70%

Tuesday

23°/12°

Thundershowers

40%

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09 Audi A4 Quattro

• CONVERTIBLE, AWD, Loaded, Lthr
• st: 33874
• km: 23268

\$32,950

*297***
Bi-weekly

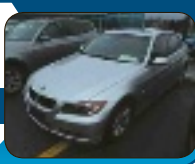


08 BMW 328i

• Loaded, A/C, Lthr, Roof, Auto
• st: 33765
• km: 92648

\$19,650

*216***
Bi-weekly



08 Lexus IS250

• AWD, Loaded, Lthr, Roof, Auto
• st: 29824
• km: 75146

\$24,840

*260***
Bi-weekly

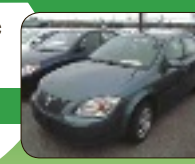


07 Pontiac G5 se

• Loaded, A/C
• st: 33310
• km: 60796

\$6,950

*76***
Bi-weekly

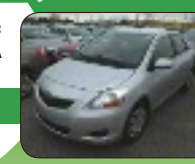


09 Toyota Yaris

• Loaded, A/C
• st: 12287-A
• km: 50295

\$9,960

*95***
Bi-weekly

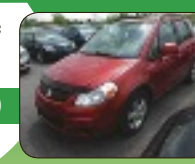


08 Suzuki SX4

• Loaded, A/C
• st: 33948
• km: 50342

\$8,960

*98***
Bi-weekly



08 Lincoln MKZ

• AWD, Loaded, Roof, Lthr
• st: 33632
• km: 98400

\$16,750

*184***
Bi-weekly



08 Benz B200

• Loaded, A/C, Auto
• st: 34016
• km: 80833

\$17,970

*197***
Bi-weekly



08 Benz C230 4Matic

• AWD, Loaded, Lthr, Roof, Auto
• st: 34149
• km: 40268

\$25,980

*272***
Bi-weekly

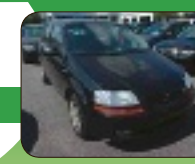


07 Wave

• Std
• st: 34093
• km: 79214

\$5,960

*65***
Bi-weekly

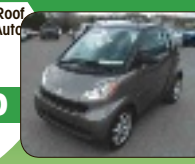


11 Smart Fortwo

• Panoramic Roof, Loaded, A/C, Auto
• st: 33682
• km: 23464

\$13,670

*116***
Bi-weekly

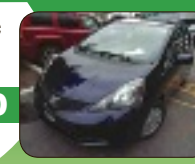


09 Honda Fit

• Loaded, A/C
• st: 34251
• km: 55429

\$11,980

*114***
Bi-weekly



08 Volvo XC90

• AWD, Loaded, Roof, Lthr
• st: 33566
• km: 44617

\$26,950

*283***
Bi-weekly



08 Benz ML350 4Matic

• NAV, Loaded, Lthr, Roof, A/C
• st: 33735
• km: 63039

\$33,950

*356***
Bi-weekly



09 Acura MDX

• AWD, Loaded, Lthr, Roof, Auto
• st: 34196
• km: 74784

\$29,870

*269***
Bi-weekly



11 Ford Fiesta SE

• Loaded, A/C, Auto
• st: 33517
• km: 50713

\$13,980

*119***
Bi-weekly



08 Cobalt LS

• Std
• st: 34124
• km: 72981

\$6,570

*72***
Bi-weekly



07 Suzuki Swift

• Loaded, A/C
• st: 33291
• km: 48697

\$7,340

*81***
Bi-weekly



08 BMW X3

• AWD, Loaded, Roof, Lthr, Auto
• st: 33285
• km: 51156

\$29,650

*311***
Bi-weekly



07 Cadillac CTS

• Loaded, A/C, Lthr, Auto
• st: 33383
• km: 64065

\$16,930

*186***
Bi-weekly



09 Lexus RX350

• AWD, Loaded, Roof, Lthr, Auto
• st: 33019
• km: 54850

\$29,950

*270***
Bi-weekly



08 Accent GLS

• Loaded, A/C
• st: 12245-A
• km: 109989

\$6,380

*70***
Bi-weekly



09 Kia Rio LX

• Std
• st: 34055
• km: 88234

\$7,970

*76***
Bi-weekly



08 Nissan Versa

• Loaded, A/C, Auto
• st: 33909
• km: 97172

\$8,940

*98***
Bi-weekly



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11 FORD E350 XLT SUPER DUTY
LOADED, A/C • 14223km
st:34214 • **\$25,860** • bw:\$206***

08 SENTRA
STD • 74251km
st:33831 • **\$8,970** • bw:\$99*

12 FOCUS TITANIUM SE
LOADED, A/C • 33975km
st:33975 • **\$17,980** • bw:\$153***

08 HONDA CR-V 4WD
LOADED, A/C, AUTO • 95955km
st:33532 • **\$14,850** • bw:\$163*

11 AVENGER SXT
LOADED, A/C, ROOF, AUTO • 24624km
st:33540 • **\$16,850** • bw:\$143**

10 MINI COOPER CLUBMAN
LOADED, LTHR, ROOF • 71969km
st:33620 • **\$21,650** • bw:\$173***

11 SIENNA LE
LOADED, A/C • 50429km
st:34134 • **\$25,950** • bw:\$207***

08 SAAB 9-3 2.0T
LOADED, A/C, LTHR, ROOF • 90901km
st:33488 • **\$13,980** • bw:\$154*

10 ESCAPE XLT 4WD
LOADED, A/C, AUTO • 66750km
st:34137 • **\$16,860** • bw:\$143**

07 MAZDA CX-7 AWD
LOADED, A/C • 97217km
st:34169 • **\$12,860** • bw:\$141*

10 MAZDA 3
STD • 31765km
st:34201 • **\$10,970** • bw:\$93***

08 IMPREZA WRX AWD
LOADED, A/C • 82200km
st:34253 • **\$19,820** • bw:\$218*

10 PATRIOT 4WD
LOADED, A/C, AUTO • 29794km
st:34195 • **\$14,950** • bw:\$127***

07 FORD RANGER SPORT
STD • 88881km
st:34248 • **\$8,960** • bw:\$98*

10 GR. CARAVAN SXT
STOW N GO, LOADED, A/C • 60487km
st:33366 • **\$15,950** • bw:\$136***

10 TOYOTA MATRIX
LOADED, A/C, AUTO • 55791km
st:33938 • **\$14,750** • bw:\$126***

10 CHRYSLER 300
LOADED, A/C • 37776km
st:32861 • **\$15,800** • bw:\$134***

11 HONDA CR-Z HYBRID COUPE
LOADED, A/C, AUTO • 10017km
st:33654-A • **\$19,460** • bw:\$166***

12 ELANTRA
LOADED, A/C • 13753km
st:34096 • **\$15,850** • bw:\$135**

08 MAZDA 5
LOADED, A/C, LTHR, ROOF • 101468km
st:34067 • **\$10,980** • bw:\$121*

07 MAZDA RX-8
LOADED, A/C, LTHR, ROOF • 70819km
st:34219 • **\$14,980** • bw:\$165**

08 RABBIT
LOADED, A/C • 92582km
st:34270 • **\$10,950** • bw:\$120*

08 ACCORD EX
LOADED, A/C, ROOF, AUTO • 98887km
st:32255 • **\$13,870** • bw:\$152*

09 SANTA FE
LOADED, A/C, AUTO • 49282km
st:33258-A • **\$16,970** • bw:\$162**

10 SENTRA
LOADED, A/C, AUTO • 60529km
st:32385 • **\$11,400** • bw:\$97***

08 SONATA GLS
LOADED, A/C, AUTO • 84417km
st:34208 • **\$9,960** • bw:\$109*

11 FUSION SEL AWD
LOADED, A/C, LTHR, ROOF • 15190km
st:34153 • **\$20,970** • bw:\$167***

11 SUZUKI KIZASHI
LOADED, A/C, AUTO • 34328km
st:33619 • **\$16,970** • bw:\$144***

08 ROGUE S
LOADED, A/C, AUTO • 99206km
st:33988 • **\$12,840** • bw:\$141*

11 LANCER SPORTBACK
LOADED, A/C • 20170km
st:34002 • **\$16,950** • bw:\$144***

11 CAMRY LE
LOADED, A/C, AUTO • 49156km
st:33164 • **\$18,550** • bw:\$158***

09 COROLLA CE
LOADED, A/C • 80368km
st:34222 • **\$10,650** • bw:\$102**

07 VOLVO S40
LOADED, A/C, AUTO • 77996km
st:34197 • **\$14,980** • bw:\$165*

08 RONDO LX
LOADED, A/C, AUTO • 55276km
st:34145 • **\$9,380** • bw:\$103*

09 FORD F-150 XL
LOADED, A/C, AUTO • 96779km
st:34160-A • **\$13,780** • bw:\$131**

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